

WEEKLY TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--------|---------|-----------|----------|--------|---------------|---------------|
| MORNING | | | | | | | |
| 6-7 | Dinner | Dinner | Dinner | Dinner | Dinner | Evening | Evening |
| 7-8 | Relax | Relax | Relax | Relax | Relax | Rest | Rest |
| 8-9 | Work | Work | Work | Work | Work | Exercise | Relax |
| 9-10 | Work | Work | Work | Work | Work | Personal Time | Personal Time |
| 10-11 | Work | Work | Work | Work | Work | Errands | Family Time |
| 11-12 | Work | Work | Work | Work | Work | Lunch | Lunch |
| AFTERNOON | | | | | | | |
| 12-1 | Lunch | Lunch | Lunch | Lunch | Lunch | Rest | Rest |
| 1-2 | Work | Work | Work | Work | Work | Hobby | Hobby |
| 2-3 | Work | Work | Work | Work | Work | Social | Social |
| 3-4 | Work | Work | Work | Work | Work | Free Time | Free Time |

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